



January 2014



Seniors in the Park Newsletter

WORLD WAR I: A CENTENNIAL OVERVIEW

Wednesdays, 1:00 pm

January 8: The Great War: A European Royal Family Feud

January 15: Making the World Safe for Democracy: aka The War to End all Wars

January 22: World War One and the Versailles Treaty: Why it Still Matters

January 29: The 1917 Communist Revolution in Russia and the American Response

Presenter: Dr. Richard Haney, Emeritus UW-W

Thanks to UW-W Continuing Education Department for funding the series. Please register in advance.



ZENTANGLE®

Saturday, January 18 (Snowdate: Saturday, Jan. 25)

1:00-3:00 pm Starin Park Community Bldg

Zentangle® is an art form for those of us that are convinced we have no artistic ability. It is easy to

learn....and yes, YOU can do it! Zentangle uses only paper (called tiles), a fine point marker, and repetitive strokes in a deliberate manner. Unlike other art forms, you never know what your design will look like when finished. As you create, you enter a state of relaxed focus that unlocks your creativity. The Zentangle Method was created by Rick Roberts and Maria Thomas. The fee includes a beginner's kit, including a pen and tiles.

www.zentangle.com

Instructor: Vera McAdow, CZT

Class #: 5307.11 (adult) 3513.11 (youth)

Fees: \$33.00 Adult Res \$41.25 Adult Non-Res

\$22.00 Youth 6-13: Res \$27.50 Youth Non-Res

Deadline: January 2

wwparks.org to register online

Volume XIV Issue 1

WHAT'S INSIDE

2-4..... *Classes and Activities*

5 *Support Our Sponsors*

6-7..... *Travel Opportunities*

8. *Interesting Information and Coordinator's Comments*

9-10..... *Calendars*

11 *Support Our Sponsors*

12 *Activities & Services*

13 *Your Senior Center*

14-15..... *FYI & Community*

Back *ADDRESS, Phone Numbers, and Subscription info*

Seniors in the Park Promotes & Enhances a Vital Aging Community

REGISTER FOR CLASSES FROM HOME: TUTORIAL

**Monday, January 13, 11:00 am OR
Friday, January 31, 11:00 am**

Learn how to log on to SchedulesPlus (what you use the scan card for), set up your account, register for classes and trips, log volunteers hours, and much more.
RSVP deadline: Wed., January 8
RSVP deadline: Tues., January 28

MAH JONGG

Mondays, 1:00 pm,

Learn this brain stimulating game played with tiles. American Mah Jongg will be played. (Not like the computer version.)



CARD GROUPS

Bid Euchre:

Mondays 1:00 pm

Canasta:

1st, 3rd & 5th Monday 1:30 pm

Ladies Texas Hold 'em Poker:

1st & 3rd Wed. 1:00 pm

Sheepshead:

Tuesdays, 1:00 pm

CHESS

**Wednesdays,
1:00 pm**

Enhance your brain power with a stimulating game of chess. All levels are welcome. Beginners are welcome to come and learn the game.



SLOW THE EFFECTS OF AGING—WITH PROTEIN!

Tuesday, January 21, 1:00 pm

Learn about the different sources of protein available and how much you need daily to maintain your health as you age.

Presenter: Stephanie Nischik, R.D., C.D. Fort HealthCare

RSVP deadline: Wednesday, January 15

(Snow date is Thursday, January 23)

GADGET GURU

Mondays beginning January 6

UW-W students will be available to assist you for an hour, with any of your “gadgets”: smart phones, cameras, tablets, e-readers, laptops, or ipods. Call to reserve a day and time, and let us know the brand/model of your gadget and what you need assistance with. More days and times will be added in February.

Time: 9:30 or 10:30

Fee: \$5.00 resident; \$6.25 Non Resident

Deadline: Five days in advance



SENIOR FRAUD PROTECTION KIT

Thursday, February 6, 1:00 pm

Join Michelle Kyhn, Home Instead Senior Care, as she explains how this kit can help seniors and family caregivers stay protected. She shows you the latest scams being perpetrated on older adults and offers a variety of resources and tools to help you avoid becoming a victim of these scams. She will have a booklet for each person, and some of the topics included are: Financial Abuse Tactics; Top Senior Scams; Top 5 Reasons Why Seniors are Targets; and the Impact of Crime on Elderly. Most importantly, Michelle will provide you with a series of checklists that you can use to protect yourself. Learn more about whether you or an older adult may be vulnerable to fraud by completing the Criminal Target Scale, which is part of the kit. This is a free presentation, but you do need to sign up so we have enough kits.

Deadline to register: Thursday, January 30



**Welcoming Seniors, Boomers and Adults of all
ages to our programs and trips.**

LINE DANCE CLASS

January 8—February 11, 2:00—3:00 pm

Downtown Armory Dance Studio

Kick up your heels and have fun with Line Dance Instructor Nancy Wensch. She loves teaching all levels of students and making dancing fun for them.



Class #: 5305.11

Deadline: Thursday, January 2



Cost: \$24.00 residents; \$30.00 non-residents

(Class must be paid in advance at the Community Building or online at wwparks.org)

CORE AND MORE

Mondays & Thursdays, 8:45 - 9:15 am

This half hour class will help you to perform everyday activities safely and with ease. Balance and core exercises are done standing and on the floor. Once on the floor, we stay there until the end of class. Modifications for all levels of ability will be demonstrated. Please bring an exercise mat. A minimum of 5 people is necessary for class to run.

10 punch pass fee: \$30.00 resident
\$37.50 non-resident (passes do not expire)

“FUN”CTIONAL FITNESS

Monday and Thursdays, 9:30-10:30 am

Open the door to greater independence and a healthier life with “fun”ctional fitness. Fitness instructors, Mary Zordell and Linda Geske, will lead you through a dynamic routine to promote coordination, balance, strength, and flexibility. Hand weights, tubes, leg weights, and weighted bars are all part of the fun. All levels of ability are welcome. Activities are adapted to individual needs.

Cost: \$1.00 per class or purchase 16-punch card for \$16.00



WALK AWAY THE POUNDS

Wednesdays, 10:00 am

Low impact, easy to follow INDOOR walking class. Walk anywhere from 1-4 miles indoors and firm up your midsection with a walking DVD. This class is safe for all ages and fitness levels.

PILOXING

Wednesdays, 6:15—7:15 pm

Armory Dance Studio

Piloxing uniquely mixes Pilates and boxing moves into a muscle sculpting and fat burning, core centric interval workout. It uses the speed and agility of boxing with the sculpting and flexibility of Pilates, along with some fun dance moves. No prior experience necessary. Please wear light weight, comfortable, fitted clothing, such as yoga pants and barefoot. (clean shoes can be worn) Sign up online at wwparks.org or pick up a Parks and Recreation brochure and use the form in the back. Forms also available at the Community Building.

Session 1:

Dates: Jan. 29—Feb 19
Class #: 4456.11
Fee: \$15.00 Resident
\$18.75 Non-Res.
Deadline: January 19

Session 2:

Dates: Feb 26—March 19
Class #: 4456.12
Fee: \$15.00 Resident
\$18.75 Non-Res.
Deadline: February 16



ZUMBA GOLD®

Wednesdays, 12:45 pm

Downtown Armory Dance Studio

Zumba is a fun and energizing workout. Get your party on!

Instructor: Lynette Brown

10 class punch card: \$40.00 Res., \$50.00 Non-Res (do not expire) or \$5.00 walk-in pass. Pay in advance at the Starin Park Community Building.

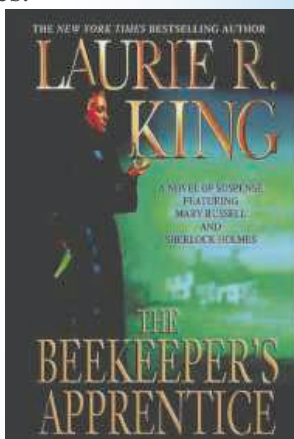
BOOK WORMS

Monday, January 6, 10:30 am

The Book Club will discuss *The Language of Flowers* by Vanessa Diffenbaugh. The book for February is *The Beekeepers Apprentice* by Laurie R. King.

In 1915, Sherlock Holmes is retired and quietly engaged in the study of honeybees when a young woman literally stumbles into him on the Sussex Downs. Fifteen years old, gawky, egotistical, and recently orphaned, the young Mary Russell displays an intellect to impress even Sherlock Holmes—and match him wit for wit. Under his reluctant tutelage, this very modern twentieth-century woman proves a deft protégée and a fitting partner for the Victorian detective.

In their first case together, they must track down a kidnapped American senator's daughter and confront a truly cunning adversary—a bomber who has set trip wires for the sleuths and who will stop at nothing to end their partnership. Full of brilliant deductions, disguises, and dangers, this is the first book of the Mary Russell series.



MOVIES: SPONSORED BY MULBERRY GLEN



"Red 2"

Tuesday, January 14; 12:30 p.m.

Rated PG-13, 1 hr. 56 min.

Retired CIA operative Bruce Willis reunites his unlikely team of senior citizen elite agents for a global quest to retrieve a rogue portable nuclear device. Also stars the returning cast of Helen Mirren, John Malkovich, Mary-Louise Parker; plus Catherine Zeta-Jones. (2013)

"Mud"

Wednesday, December 18, 12:30 p.m.

Rated PG-13, 2 hr. 10 Min.

Two young teenage boys living on the banks of the Mississippi River in Arkansas encounter a fugitive (Matthew McConaughey) and form a pact to help him evade the bounty hunters on his trail, and to reunite him with his true love (Reese Witherspoon). This critically-acclaimed, cinematically beautiful coming-of-age drama was a favorite at the Cannes and Sundance film festivals. Also stars Sam Shepard and Joe Don Baker. (2013)



PAINTING SMALL AND MINIATURE PAINTINGS

Each session will focus on creating small and miniature paintings and will include a demonstration on a technique or concept and plenty of time for individual painting with optional one-on-one coaching. Topics will include choosing a paper size, using the proper tools to create a successful small painting, and how to use a variety of watercolor techniques on smaller paintings. Subject matter may include landscape, floral, and/or still life. Attendees are always encouraged to paint from personal references, photos or ideas. Attendees are always encouraged to paint from personal references, photos, sketches or ideas. Each session will include a demonstration and discussion.

Instructor: Karolyn Alexander Tscharnack, www.karolyn.biz

Dates/Times: Thursdays, January 16-30; 1:00-4:00 pm

Cost: \$30 payable to the instructor by cash or check.

Deadline: Monday, January 13



All Seniors in the Park activities are held at the Starin Park Community Building, 504 W. Starin Rd, unless stated otherwise.

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Trips are open to adults of ALL AGES. For detailed itineraries on any of the extended trips, call 262-473-0535, send an email to dweberpal@whitewater-wi.gov, go to the city website at www.whitewater-wi.gov, (Departments, Seniors in the Park) or stop in to the Starin Park Community Building.

TRIP PREVIEWS

Thursday January 30, 1:00 pm

Preview the California and Vietnam trips with Betsy Donofrio of Premier World Travel.

Wednesday, February 26, 1:00 pm

Preview the Tennessee Rails and Sails Cruise and get a sneak peek at a Rhine River Cruise

ACTIVE AGING

The concept of active aging is summed up in the phrase "engaged in life." Individuals can participate in life as fully as possible, regardless of socio-economic status or health conditions, within the seven Dimensions of Wellness: Physical, Spiritual, Emotional, Intellectual, Vocational, Social, and Environmental. (ICAA Philosophy)

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VIETNAM AND CAMBODIA

October 5-16, 2014

Arrive in Cambodia, the Kingdom of Wonder.

Visit picturesque Ta Prohm, the ancient royal city of Angkor Thom and the Terrace of the Elephants;

Banteay Srei, a 10th century Cambodian temple; UNESCO site Angkor Wat known as one of the modern wonders of the world, and conclude your Cambodian stay in Phnom Bakheng, the oldest temple in the Angkor region. Fly to Ho Chi Minh City (Saigon) where you will tour the city, see China Town, the Thein Hau Pagoda, the Ben Thanh Market, and enjoy a traditional Sampan Ride on the Mekong Delta. (Optional tour to the Cu Chi Tunnels available.) A short flight takes you to Hanoi, North Vietnam. Tour Old Hanoi by traditional Cyclo Taxi and, walking the 36th Street District; see a traditional Water Puppet Performance; tour Ba Dinh Square, the One Pillar Pagoda, the Temple of Literature, and the Hoa Lo Prison Museum (Hanoi Hilton).

Experience an overnight cruise on Ha Long Bay, considered to be the 8th Natural Wonder of the World and a UNESCO site. Includes all airfares and departure taxes, sightseeing, and first-class accommodations.

\$4195 pp/dbl; \$925 single supplement

\$500 deposit due April 1, 2014.

Cancellation insurance is available



CALIFORNIA RAIL DISCOVERY

May 14-20, 2014

Featuring San Francisco, Lake Tahoe & Napa Valley Wine Train.

Your adventure begins in San Francisco with a city tour and cruise of the bay. Enjoy staying in the Fisherman Wharf area. An optional tour of Monterey, Carmel, the 17-Mile Drive, and Pebble Beach is available. Travel to Napa Valley for an excursion on the Napa Valley Wine Train and enjoy a Wine Tasting and Lunch on board. Overnight in Sacramento with time to wander "Old Town Sacramento". Board Amtrak for a Sierra Nevada Rail Journey through the beautiful snowcapped Sierra Nevada Mountains to the Reno/Lake Tahoe area and spend two nights at a resort. Visit the famous old west town of Virginia City, once the richest place in the world. Enjoy a Lake Tahoe Paddlewheeler Cruise with spectacular views of picturesque Emerald Bay and the mountains. Trip includes airfare out of Milwaukee, 6 nights in first class hotels, 9 meals, admissions and sightseeing per the itinerary, hotel transfers, and Tour Director. Premier World Discovery
Cost: \$2175.00 pp/dbl; Deposit due with registration: \$300. Trip is space available only. Final payment due February 28

CLASSICAL TURKEY

April 3-15, 2014

If you were interested in this trip but couldn't go in October, here's your chance!

Explore the lands of the New Testament and savor the flavor of a country where Europe meets the Middle East. Visit one of the world's most spectacular landmarks, Hagia Sophia—once the largest church in Christendom. Explore some of Istanbul's most famous sites, including a guided visit of Topkapi Palace, and the Blue Mosque, renowned for its splendid architecture. Visit the ruins of Ephesus, and walk the marble avenue to the Library of Celsus and the Temple of Hadrian. Tour UNESCO sites, including Troy, the ancient city of Hierapolis, and the famed rock chapels of the Goreme Valley. Other highlights are the underground city of Kaymakli, Cappadocia, Asclepion—an ancient “holistic” healing center; the Turkish Riviera, the Turkish capitol of Ankara, and the Grand Bazaar in Istanbul, and much more! Celebrate a Turkish Wedding complete with traditional food, music, whirling dervishes, and belly dancers. Trip includes roundtrip transportation from your home or the center, 19 meals, professional tour guide, sightseeing per itinerary, hotel transfers, and baggage handling in Turkey. An optional post night stay in Istanbul is available.

Fees: \$3799 pp/dbl; \$4399 sgl; Cancellation Insurance available for \$220; Collette Vacations



LUNCH BUNCH

Thursday, January 9, 10:30 am

Enjoy lunch at The Citrus Café in Janesville. Voted best breakfast spot in Janesville.

Cost: \$5.00

RSVP by Tuesday, January 7

JANESVILLE SHOPPING

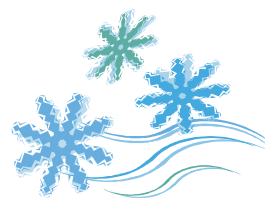
Wednesday, January 8, 9:30 am

Get picked up at your home and shop in Janesville. Participants decide where to shop. Bring a new friend and your ride is free!

Pickups begin at 9:30 pm.

Cost: \$5.00

RSVP by Monday, January 6



TENNESSEE RAILS AND SAILS

Featuring 3 Scenic Rail Excursions and 2 River Cruises

October 13-19, 2014

Highlights include

- *Star of Knoxville* Paddlewheel dinner cruise with country music
- Tennessee Valley Steam Train along Missionary Ridge
- *Southern Belle* Riverboat Narrated Prime Rib Dinner Cruise
- “America's Most Amazing Mile” on the Incline Railway
- Falcon Rest Mansion “Tennessee's Biltmore” with a mystery luncheon
- Tennessee Central Railway Fall Foliage Excursion
- Ride to the observation deck of Knoxville's Sunsphere
- Custom House Museum and Model Train Display
- Two nights at the famous Opryland Hotel (an experience in itself)
- One night at the historic Chattanooga Choo Choo Hotel
- And several more stops

Tour includes 11 meals, home or senior center pickup, professional tour Manager and deluxe motorcoach transportation.

Fees: \$1639 pp/dbl; \$2238 sgl; Cancellation Insurance available for \$60; Mayflower Tours

FIRESIDE 2014

2014 ticket price: \$63.00 (taxes, tip, and ticket fees all included!). Saves you up to 23% off individual tickets. Eighteen people is the minimum we must have for the trip to go. Invite your friends!

Payable to: The Fort Atkinson Sr. Ctr.

Transportation is on your own.

Arrive at 10:30 am. Lunch is at 11:15 and Show at 1:30.

Thurs. April 24—Fiddler on the Roof Deadline March 24

Thurs. June 12—Driving Miss Daisy Deadline May 8

Thurs. September 25—Les Misérables

Deadline: August 21

FIND US ALL AROUND TOWN

Thanks for displaying and distributing our newsletter: First Citizens Bank, Fort Community Credit



Union, Commercial Bank, Associated Bank, McCulloughs, Dale's Bootery, Mercy Clinic and PT, Jessica's, ILY Library, Whitewater Street Restaurant, Whitewater Aquatic & Fitness Center, Nicole and Co, Davis/Dueher/Dean, Dr Nosek, Headquarters, Dr Rowley DDS, Culvers, Whitewater Family Practice, Dental Perfections, Mirage Hair Studio, Robins Nest, LSM Chiropractic, Whitewater Family Dentistry, Ketterhagen Ford, Woodland Quilts, and Curves.

**Dreams are renewable.
No matter what our age or
condition, there are still
untapped possibilities within
us and new beauty waiting to
be born.**

-Dr. Dale Turner

#1 - Medium - Solution

5	9	6	2	7	4	8	1	3
7	2	8	1	3	9	6	4	5
4	3	1	5	8	6	2	7	9
9	4	3	6	1	2	5	8	7
8	5	2	3	9	7	1	6	4
6	1	7	4	5	8	9	3	2
3	8	4	9	6	5	7	2	1
1	7	5	8	2	3	4	9	6
2	6	9	7	4	1	3	5	8

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COORDINATOR'S COMMENTS



I subscribe to a weekly email called "the Ripples Project" from Paul-the Ripples Guy. Each week is a pebble, a boulder and a ponder. These tidbits explore the "extraordinary power of tiny actions". What is your pebble or boulder and how do it's ripples effect those around you? I'd like to share Paul's thoughts with you this month.

Pebbles

For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others. ~*Nelson Mandela*

As I walked out the door toward the gate that would lead to my freedom, I knew if I didn't leave my bitterness and hatred behind, I'd still be in prison. ~*Nelson Mandela* (Do you have bitterness that imprisons you?)

Boulder

He transcended race and class in his personal actions, through his warmth and through his willingness to listen and to empathize with others. He taught us that to respect those with whom we are politically or socially or culturally at odds is not a sign of weakness, but a mark of self-respect. ~*Desmond Tutu*

Ponder

Nelson Mandela chose to leave behind 27 years of bitterness when he regained his freedom after almost three decades of imprisonment; a choice that revealed remarkable courage and determination. South Africa was transformed because of his leadership and because he inspired others to collaborate instead of compete with their adversaries. People around the world revere this Nobel Peace Prize winner, and I'm confident he will endure as one of the most respected political leaders of our time. I think unfortunately there have been many missed opportunities to follow his remarkable example. Our reactions to social crises (terrorism, crime, poverty, political unrest, natural disasters, etc.) both at home and abroad might all improve significantly if we more stridently commit to the difficult work of focusing on our shared humanity.

I believe Nelson Mandela would be much less interested in our veneration of him and much more interested in our renewed commitment to magnify our empathy, compassion and the persistent pursuit of peace in both our personal and public lives. I challenge us all to seek concrete ways to honor his passing, whether that be making peace with someone nearby (colleague, neighbor, etc.), working harder to understand the perspective of those who disagree with you, or renewing your determination to accomplish something for the greater good.

Don't just mourn Nelson Mandela; decide to honor him with change.

Website: theripplesproject.org

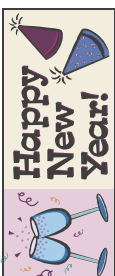
Activity Calendar

9

January 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p>Activities take place at the Starin Park Community Building unless otherwise noted. (A)=Downtown Armory (L)=Cravath Lakefront (HB) = Hawk Bowl</p>		<p>1</p> 	<p>2</p> <p>8:45 Core & More 9:30 FUNctional Fit 1:00 Scrabble</p> <p>Registration deadline for Line Dance and Zentangle</p>	<p>3</p> <p>12:30 Pickleball (A)</p>
<p>6</p> <p>8:45 Core & More 9:30 FUNctional Fit 9:30 Gadget Guru 10:30 Book Club 12:30 Pickleball (A) 12:00 Senior Forum 12:30 Digital Stories 1:00 Mah Jongg 1:00 Bid Euchre 1:30 Canasta</p>	<p>7</p> <p>8:30 Pickleball (A) 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 12:30 Foot Clinic 1:00 Sheepshead</p>	<p>8</p> <p>9:00 Bowling (HB) 9:30 Janesville Shop 10:00 Walking Class 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 WWI Lecture 1:00 Chess 2:00 Line Dance (A)</p>	<p>9</p> <p>8:45 Core & More 9:30 FUNctional Fit 10:30 Lunch Bunch</p>	<p>10</p> <p>12:30 Pickleball (A)</p>
<p>13</p> <p>8:45 Core & More 9:30 Gadget Guru 9:30 FUNctional Fit 11:00 SchedulesPlus Online Training 12:30 Pickleball (A) 12:30 Digital Stories 1:00 Mah Jongg 1:00 Bid Euchre 1:00 Massage Therapy</p>	<p>14</p> <p>8:30 Pickleball (A) 10:00 Mulberry Glen Bingo 12:30 Mulberry Glen Movie "Red2" 1:00 Sheepshead</p>	<p>15</p> <p>9:00 Bowling (HB) 10:00 Walking Class 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 WWI Lecture 1:00 Ladies Poker 1:00 Chess 2:00 Line Dance (A)</p>	<p>16</p> <p>8:45 Core & More 9:30 FUNctional Fit 1:00 Watercolor</p> 	<p>17</p> <p>11:30 Nutrition Site 12:30 Pickleball (A)</p> <p>18 1:00—3:00 Zentangle Class</p>
<p>20</p> <p>8:45 Core & More 9:30 Gadget Guru 9:30 FUNctional Fit 12:30 Pickleball (A) 12:30 Digital Stories 1:00 Mah Jongg 1:00 Bid Euchre 1:30 Canasta</p>	<p>21</p> <p>8:30 Pickleball (A) 10:00 Scrabble 1:00 Slow The Effects of Aging 1:00 Sheepshead</p>	<p>22</p> <p>9:00 Bowling (HB) 10:00 Walking Class 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 WWI Lecture 1:00 Chess 2:00 Line Dance (A)</p>	<p>23</p> <p>8:45 Core & More 9:30 FUNctional Fit 1:00 Watercolor</p>	<p>24</p> <p>12:30 Pickleball (A)</p> <p>25 Snowdate: 1:00—3:00 Zentangle Class</p>
<p>27</p> <p>8:45 Core & More 9:30 FUNctional Fit 9:30 Gadget Guru 12:30 Pickleball (A) 12:30 Digital Stories 1:00 Mah Jongg 1:00 Bid Euchre</p>	<p>28</p> <p>8:30 Pickleball (A) 10:00 City Bingo 11:00 Blood Pressure by Country Nurses 12:30 Mulberry Glen Movie "Mud" 1:00 Sheepshead</p>	<p>29</p> <p>9:00 Bowling (HB) 10:00 Walking Class 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 WWI Lecture 1:00 Chess 2:00 Line Dance (A)</p>	<p>30</p> <p>8:45 Core & More 9:30 FUNctional Fit 1:00 Watercolor 1:00 Trip Preview-Cambodia & Vietnam</p>	<p>31</p> <p>11:00 SchedulesPlus Online Training 12:30 Pickleball (A)</p>

January 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Persons 60 and over and their spouses are eligible. Suggested donation is \$3.00. To reserve a meal, call 473-0536, 9:30 to noon or 1-800-365-1587, ext 3333. by noon the day prior. Meal can be cancelled day of by 8:00am by calling the 800 number		1 New Year's Day Dining Center Closed 	2 Cheesy Potato Soup Hot Cinnamon Applesauce Wis. Blend Vegetables Pumpkin Bars Dinner Roll	3 Swedish Meatballs Egg Noodles San Fran. Blend Veggies Apricots w/Diced Peaches Wheat Bread
6 Shepard's Pie with Mashed Potatoes Winter Mixed Vegetable Apple Slices Wheat Bread	7 Pork with Dijon Sauce Brown Rice Green Beans Tropical Fruit Dinner Roll	8 Spaghetti and Meatballs Carrots Brussels Sprouts Pineapple and Orange Cup Garlic Bread	9 Spinach and Cheese Stuffed Chicken Breast Squash and Broccoli Chocolate Cake Wheat Bread	10 Tuscan Chicken Veg. Soup Baked Potato Tossed Salad M&M Cookie Wheat Roll
13 Burgundy Tips over Egg Noodles Garden Blend Vegetables Diced Fruit Mix Wheat Roll	14 Ground Turkey Chili Peas and Carrots Italian Pasta Salad Cornbread Chunky Applesauce	15 Baked Chick. Thigh/Leg Mashed Potatoes/Gravy Calif. Mixed Veggies Wheat Bread Sliced Peaches	16 Rosemary Pork Loin Sweet Potatoes Pears Wheat Roll Brownie	17 Western Meatloaf Parsley Red Potatoes Green Beans Dinner Roll Sugar Cookie
20 Chick. Cacciatore with Penne Pasta Winter Blend Vegetables Oranges and Pineapple Bread Stick	21 Navy Bean & Ham Soup Hot spiced Apples Squash Tossed Salad Dinner Roll	22 Chicken Breast Scalloped Potatoes Wis. Blend Veggies Carrot Bar Wheat Bread	23 Sliced Roast Beef Mashed Potatoes Brussels Sprouts Apricots Wheat Roll	24 Baked Breaded Fish Carrots Green Beans Lemon Poppy Seed Cake Wheat Bread
27 Chicken Ala King Carrots Broccoli Fruit Cocktail Baking Powder Biscuit	28 Parmes. Crust Pork Loin Sweet Potatoes Calif. Mixed Veggies Pears Wheat Roll	29 Sloppy Joes on a Hamburger Bun Green Bean Casserole Tropical Fruit Tossed Salad	30 Chick. & Brown Rice Soup Mediterran. Blend Veggies Applesauce with Peaches Chocolate Pudding Dinner Roll	31 Hot Shaved Turkey Mashed Potatoes Peas Chocolate Chip Cookie Wheat Bread

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SERVICES AT A GLANCE

Foot Clinic: Tuesday, January 7,
by Appointments only.

Please bring a towel. \$15.00.

Therapeutic Massage: Monday,
January 13, 1:00 pm. Half-hour
massages for \$25. Appointments
only.

Blood Pressure Screenings:

Tuesday, January 28, 11:00 am.

Provided Free by Country Nurses.

This service will be provided every
other month.

Other Services:

- Free computer/internet access
- A document shredder is available
(1-inch stack of documents or
less to shred)
- There are books, magazines, &
puzzles available to borrow
FREE from our library.
- Newcomer tours are offered by
appointment.



NON-RESIDENT INFORMATION

There is a non-resident fee for all
programs for participants who do not
reside in the Whitewater Unified
School District. This fee will be an
additional 25% of the listed program
fee.



BINGO

Tuesdays, 10:00 am

Jan. 6: Culver's

Jan. 14: Mulberry Glen (WELCOME!)

Jan. 28: City Bingo

BINGO SPONSORS

Culver's and Mulberry Glen

CITY BINGO SPONSORS:

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Fort Comm. Credit Union * Eastsider/Westsider * Fairhaven
Randy's * Walworth Co. Nutrition * Binning & Dickens Insurance

ACTIVITIES AT A GLANCE

Bid Euchre—Mondays 1:00 pm

Bingo—First, Second, and Fourth Tuesdays at 10:00 am

Book Club—First Monday 10:30; Books available at Starin Park

Bowling—Wednesdays, 9:00 am

Canasta—First, third, and fifth Mondays 1:30 pm

Chess—Wednesdays, 1:00 pm; Beginners welcome

Core and More—Mondays and Thursdays, 8:45 am; \$3.00/class

Dominoes—First Tuesday 11:45 am

'FUN'ctional Fitness—Mon & Thurs. 9:30 am; \$1.00 per class

Ladies Poker—First and third Wednesday at 1:00 pm

Potluck—First Tuesday 11:15 am

Pickleball—Monday, Wednesday, and Friday 12:30-2:30 and Tuesday
8:30—10:30 at the Downtown Armory

Scrabble—First Thursday, 1:00 pm; Third Tuesday, 10:00 am

Sheepshead—Tuesdays, 1:00 pm

Texas Hold 'em Poker—Ladies: First & Third Wednesday 1:00 pm

Walk off the Pounds—Wednesdays, 10:00 am

Zumba Gold ®—Wednesdays 12:45 pm, Downtown Armory. \$40.00
punch card or \$5.00 walk-in. Must be paid for at Starin Park.

Register for trips and classes online at home:

<http://schedulesplus.com/wwtr>

Learn how on January 13 at 11:00 am or January 31 at 11:00 am.

SHARE YOUR TIME AND TALENTS

2014 Accreditation Assistance—Work Groups are being formed to look at different areas of Accreditation and will meet 2-3 times at your convenience. Most groups will tweak what is already in place. Work groups include:

- Purpose and Mission
- Advocacy and Partners
- Public Info/PR/Marketing
- Community Planning
- Programs and Evaluation
- Facility and Safety
- Volunteers
- Policies and Procedures.



You all have talents and knowledge, and I'm hoping you are willing to share yours with us.

Chili Cook-Off—Saturday, February 15. 10:30—12:00 and 12:00—2:30. 2 people per shift. Sell tickets for chili in the heated tent at Freeze Fest. Call to sign up.

Enter a Chili—Interested in making a chili to be sponsored by Seniors in the Park? Registration forms are av

GREETING CARDS

We have a great selection of birthday, and everyday cards. Most cards are priced from 50 cents to \$1.50. Stop in and check out our selection.

TYP0, WE GOOFED, HUMAN ERROR !?

Occasionally there may be an error in days, times, registration dates, or fees in the newsletter. When such errors occur, we will do everything possible to correct the situation promptly. We thank you for your patience and understanding. **Spot a typo or error and bring it to the office for a treat (the first 5 different errors).**



HAPPY JANUARY BIRTHDAYS TO:

- 12 Virginia Hare
15 Eunice Rowe
16 Betty Heth

If you want to be on our birthday list, let Deb or Susan know your birth month and day and correct spelling of your name, and you can be in the newsletter, too!

#1 - Medium

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LET US DO THE COOKING!

Enjoy good food, pleasant company, and a donation of only **\$3.00** for the meal. No dishes to do or kitchen to clean! Those unable to afford the donation are still welcome as the donation is anonymous. Anyone 60+ and their spouse is welcome to attend. Nutrition Site meals are served at 11:30 am, Monday - Friday. The Nutrition Program will be at Brookdale on Wednesdays and Fridays, except the third Friday. To reserve a meal, call 262-473-0536 by noon a day in advance (call Friday for a Monday meal) or call Walworth County at 1-800-365-1587, ext. 3333 and leave your name, phone, and the meal site you would like to attend.

Cancellations must be called in no later than 8:00 am the day of your reservation or the night

before. Please call the Nutrition office at **262-741-3333** and leave your message.

[Walworth County Nutrition](#)

VALENTINE'S DAY LUNCH AND "PATSY CLINE"

Friday, February 14

Lunch: 12:00

Music: 1:00

Karen Wickham, "Patsy Cline Tribute Artist", has been singing since the tender age of nine. She started out singing with her family during their Sunday and rainy day rides in the family station wagon. She sang for anniversaries, Birthday parties, and retirement homes. In 1999, she started to sing a few songs between sets during the Tony Rocker "Elvis" show. Her songs and style are inspired by women like Patsy Cline, the Judds and Tammy Wynette.

The catered lunch will include: Chicken or Fish, potato, vegetable, dinner roll, dessert and beverage. If you would like wine or a beer with your lunch you are welcome to bring your own.

Ticket cost: \$10.00

Deadline: Thursday, February 6



BAD WEATHER CLOSINGS

In case of inclement weather (Snow that four letter "S" word), program cancellations will be on Whitewater Cable Channel 98, digital 990, or radio stations WFAW 940 AM and WSJY 107.3 FM, or online on the Whitewater Banner.

THE CHILLY WILLIES

As temperatures drop and winter approaches, the thermostats in the building are set at a reasonable temperature per City policy. Please bring a sweater or dress in layers so you are comfortable in our building.



DON'T LET FINANCES KEEP YOU FROM PARTICIPATING

Scholarships are available for those who cannot afford the required fees for Seniors in the Park programs. Talk to Deb if you are interested in applying for scholarship funds.

FREEZE FEST & POLAR PLUNGE 2014

Saturday, February 15

Save the Date!!!! Think about being part of a plunge team, helping with the Chili Cook-off (See page 13), or supporting a plunger. It's a fun event, especially when the weather cooperates. Polar Plunge coffee



mugs (\$10) are on sale! Bring it to the Chili Cook-off for FREE

samples of chili. You will also be able to support the plunge by donating \$1 to get your name on a polar bear here at the center. Click [HERE](#) for more information or to donate



THANK YOUS

Sandy Sorkan and Dan Sable for walking in the Holiday parade.

Zach Baus for helping decorate the Community Building for the Holidays and assisting with entering information into SchedulePlus

Lu Gunther—training to be a receptionist

Mulberry Glen for sponsoring the second Tuesday Bingo and the movies for 2014.

Marion and Henry Malo—boxes of chocolate for Bingo prizes



FUNDS FOR FRIENDS

Donations for the year were \$737.42! Thanks to everyone for getting Funds for Friends stickers on your Sentry receipts. Sentry is a great supporter of our community, giving away thousands of dollars through

this program and other in-kind donations to the community. Please shop local and support those who support us.

HEALTHY AGING TIPS ON YOUTUBE



The National Institute on Aging now has a YouTube channel. Watch information videos on aging, exercise success stories and

Go4Life exercises for older adults. Watch: www.youtube.com/user/natinstituteonaging

National Council on Aging : www.ncoa.org

WINTER PARKS & RECREATION CLASSES ONLINE!

Go to wwparks.org and see all the new winter activities. The printed brochure is available in December. Parks and Recreation will be switching their online registration system to RecDesk. It is a much easier system to navigate. You will need to create a new account. A calendar of all events at all facilities will be on the site, also. You can reserve facilities from the site.

Parks & Recreation:

wwparks.org

PARK BENCH TV SHOW

The January Show features Special Olympics and the Polar Plunge. The



Park Bench airs daily at 7:00 am and select days at 6:00 pm on cable channel 98, digital 990 or online anytime at www.whitewater-wi.gov. Click on the **Multimedia** tab, then **Seniors-Park Bench** and you'll see all the episodes or click [HERE](#).

NEWSLETTER INTERNET LINKS

You will notice several blue underlined words in the newsletter. These are links which will allow those who get the newsletter online to click on a link and go directly to the site!

Seniors in the Park

PO Box 178
Whitewater WI 53190



*Accredited by the
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SENIORS IN THE PARK



504 W Starin Rd, PO Box 178
Whitewater WI 53190

Phone 262-473-0535
Fax 262-473-0537
Nutrition Site 262-473-0536
Hours....Mon-Thurs, 9:00 am-4:00 pm

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Deb Weberpal, CPRP
dweberpal@whitewater-wi.gov

Volunteer Editor

Romelle Koch

Director

Matt Amundson, CPRP

Recreation & Community Events Coordinator

Michelle Dujardin

Sports Coordinator

Abby Schultz

For General City information see the
city website at
www.whitewater-wi.gov.

NEWSLETTER SUBSCRIPTION OR PICK-UP SITES

To have the Seniors in the Park Newsletter mailed to your home for one year, send **\$8.00** with this coupon. To receive the newsletter **FREE**, go online to www.whitewater-wi.gov, click on Departments, then Seniors in the Park or www.whitewaterbanner.com and look for the link in the left column or www.seekandfind.com. The newsletter is available for pick up at the Starin Park Community Building, Municipal Building, the Whitewater Aquatic and Fitness Center, the Irvin L. Young Memorial Library and other businesses in Whitewater.

Name _____

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